



# FITNESS 4 KIDS CLASS SCHEDULE

## OCTOBER 2018

**ZUMBA KIDS-** Ages 8-13. Classes feature kid-friendly routines based on original Zumba® choreography. We break down the steps, add games, activities and cultural exploration elements into the class structure. Helps develop a healthy lifestyle and incorporate fitness as a natural part of children's lives by making fitness fun.

**Thursdays 5:15-6:00pm**  
**Yoga-Pilates Studio w/Liz**



**TRX 4 TWEENS-** Ages 10-14. Suspension training exercises developing strength, balance, flexibility, and core strength.

**Wednesdays 5:30-6:15pm**  
**Fitness Center w/Mathias**

**CORE BLASTER-** Ages 8-14. A 30 min workout that works the torso & muscles that connect your upper body to your lower body. It will strengthen your core muscles, while improving functional strength.

**Thursdays 5:00-5:45pm**  
**Fitness Center w/Katie**

**KID FIT-** Ages 6-10. General Physical Preparedness (GPP). Non-weight bearing exercises. Gorilla Hurdles, Shuttle Run, Frog Hops, Pull-Ups, Agility Ladders, Speed Cones, BodyWeight Squats, Handstands, Wobble Boards, Planking, Overhead Squats, Quick Feet Drills, Group Stretching, Physio Ball, Core Strength Development.

**Saturdays 10:30-11:15a m**  
**Zone A/B w/TBD**

**TNT FITNESS-** The TNT Fitness Passport is designed for ages 11-13 to use the Fitness Center. TNT users must complete training with a fitness professional. 11 & 12 year olds will need to be accompanied by a parent; 13 year olds can use the fitness center. **FEES: \$50- 3 training sessions**

**FEES:**  
**Member:**  
**\$20/mo per class**  
**Non-Member:**  
**\$30/mo per class**